



Presented by Spring Grove Regional Parks & Recreation Center

July 1<sup>st</sup>  
August 5<sup>th</sup>  
September 2<sup>nd</sup>

Park Location: Spring Grove Borough Community Park

Time: 10:00AM-11:00AM

Fee: \$10.00 per class

- ~ If inclement weather class will be held in the pavilion
- ~ Please bring your own mat & water bottle

Yoga in the great Outdoors!

Mindful Yoga classes are based on the practices of yoga postures and mindfulness meditation. Sixty minutes long, each class begins with a centering practice focusing on breathing, transitioning from the events of the day. Mindful movement linked with the breath follows, including upper and lower body warm-ups, supine, seated and standing poses. A deep relaxation at the end of class seals the beneficial effects of the practice.

Instructor: Cindy Jeng  
M.A., IAYT Certified Yoga Therapist, E-RYT500, YACEP & Reiki Master  
[www.cindyjeng.com](http://www.cindyjeng.com)



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